A FEW THOUGHTS TO HELP YOU MAKE SMART DECISIONS ABOUT MARIJUANA.
We understand the pressure you may feel to try marijuana. Now that it’s legal for adults in Colorado (21 and over) you may feel like everyone is doing it. They’re not. And you don’t have to either.
Using pot is not necessary.

Being legal for adults to buy does not mean you have to do it. Even though you probably see ads about pot, it's important to keep in mind that it is still a drug. Today's potent pot can harm your body, grades and relationships.
Are you a good role model?

Younger friends and family look up to you. Give them, and yourself, something to be super proud of. Put your energy towards sports, work or other healthy activities.

www.denverRAP.org
Are you feeling forgetful?

THC, the main chemical in pot that actually gets you high, damages young brains. When you’re high, it’s harder for you to concentrate, learn and remember things. Over time, the effects can be permanent.

www.denverRAP.org
Can you concentrate?

Kids who don’t get high are more likely to play sports, master an instrument, get better grades and be involved in positive life experiences.

www.denverRAP.org
Pot dangerously affects judgment and coordination for up to three hours after use. So even though drivers might think they’re okay, they’re not. High drivers are twice as likely to get in an accident.
Get to where you are going safely

A driver’s license is a precious privilege. You and your friends stand a better chance of keeping your license — and your freedom — when you drive clean.

www.denverRAP.org
Chronic users are often unmotivated, paranoid and depressed. Almost a third of Colorado students who said they felt sad for at least 2 weeks in the past year, also used weed.
Want to be happy?

Find your passion and go for it. Music, sports, cooking, whatever. Your life will be happier. Good friendships will follow.

www.denverRAP.org
Does this joint make me look fat?

Getting high increases sluggishness and gives you the munchies. It can increase daily calorie intake up to 40%. That’s a bad combination if you want to look your best.
Healthy living gives you more energy. Working out, getting proper rest and eating right will help you feel in control and support a positive self-identity.

Want to take better selfies?

www.denverRAP.org
Does pot own you?

Studies show 10% to 15% of people who get high become addicted – about the same as other drugs. Chronic users who try to quit experience withdrawal symptoms similar to quitting tobacco: grouchiness, trouble sleeping and increased aggression.

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Want to stay positive?

The best plan for not getting addicted to pot is to not start using it in the first place. Keeping your body clean and brain sharp is the best way to keep a good job, supportive friends, family and a good life. Happiness starts from the inside.
Denver RAP (Resource for Awareness and Prevention) aims to build a healthy community for youth and families in Denver.

Visit www.denverRAP.org to learn more about pot, binge drinking, other drug use and information cited throughout this piece.